

CORD 560: The Mindful Milestone: Revolutionize Wellness in Emergency Medicine

Dhara P. Amin & Abra Fant

1. The Physical (M1) Provides training and resources for physical health and wellness.					
Has not achieved level 1	Level 1	Level 2	Level 3	Level 4	Level 5
	Ensure residents are compliant with duty hours	Provide instruction on time management Provide training on fatigue management	Offer healthy meal choices at conference Provide non-alcohol related social activities Provide smoking cessation incentives	Get creative with evaluations, town hall meetings and class bonding activity to incorporate staying active. For example, make the meetings at the local YMCA track or at a local park.	Ensure access to work out equipment or exercise classes Offer discounts to local health clubs or sponsor the fee of entrance for races.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:					

These are just suggestions, and we would love more. Please sent us your thoughts:

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2. The Spiritual (M2) Provides training and resources for psychological health and wellness.

Has not achieved level 1	Level 1	Level 2	Level 3	Level 4	Level 5
	Ensure residents have access to mental health services	Provide out of hospital social activities for residents on a semi-annual to annual basis	Provide jackets/scrubs or other branded gear to promote unity	Provide family and partner support services and activities	Provide opportunities and tools for burnout self-assessment Provide training to mitigate burnout
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:					

3. The Future (M3) Provides training and resources for career-long development and success.

Has not achieved level 1	Level 1	Level 2	Level 3	Level 4	Level 5
	Provide career services (help with CV, mock interviews, alumni network, etc)	Offer financial planning training for after residency	Provide training and opportunities for extracurricular development (teaching medical students, departmental research, procedural courses, etc) Provide instruction and guidance about ABEM certification and maintenance of certification	Support local networks of residents at near-by residencies through joint social activities, journal clubs or all-city conferences	Support travel to academic meetings to broaden education and improve networking skills
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:					